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FORCE'S NOTES: Increasing Family Readiness

Filed under FAMILIES, FLEET AND THE FLEET MARINE FORCE, FORCE HEALTH AND SAFETY

[NO COMMENTS]

By Force Master Chief Sherman Boss

Editor's note: This blog comes from Force Master Chief Boss's column featured in the Spring issue of Navy Medicine Magazine. To read the full story click [here](#) to view the magazine online.



The old saying about the Navy family, “If the Navy wants you to have a family, they’ll issue you one in your sea bag!” is no longer operative in today’s Navy. The family is no longer seen as an extension of the Sailor; now it’s quite the opposite. Today, clearly, we know Sailors and families are one in the same, because of this, we must ensure our families are always ready. A strong commitment to Family Readiness will be reflected in the success of our Navy Medicine mission, as it serves to provide a smooth transition during deployments, with emphasis on increased support during deployment and reintegration.

Since Navy Medicine operates as an agile, flexible and forward force, both the Sailor and family must be ready. Personal and family readiness is the ability of Sailor and their family to effectively balance the challenges of a military lifestyle, family, career, and mission events. “Family readiness is unit readiness.”

As leaders, our priority of developing and leading Sailors in our charge has never changed. A ready Sailor and family is an integral part the Navy’s warfighting capability. When a Sailor and their family are ready, the Sailor is safer, focused on the mission, and confident their family has the resources they need to thrive.

For more information on available resources contact (Click the links below):

- [Fleet and Family Support Center](#)
- [Navy-Marine Corps Relief Society](#) (NMCRS): Provides financial, educational, and other assistance to Navy and Marine Corps families.
- [Military One Source](#): Provides service members and their family free newsletters, webinars, educational materials and tax preparation.
- [Military Homefront](#): The department of defense website for official Military Community and Family Policy (MC&FP) program information, policy and guidance designed to help troops

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and their families.

- [The American Red Cross](#): Links members of the U.S. Armed forces with their families during a crisis. Twenty-four hours a day, 365 days a Year, the Red Cross can quickly send emergency communications to deployed service members on behalf of their family.
- [Naval Service Familyline](#): Provides mentoring programs as well as free printed and online materials to families of the sea services.
- [CNIC Fleet and Family Readiness](#)
- [Family Readiness Toolkit](#)

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